

# Michael Morelli

## Bursting to Blast Fat

### PODCAST SHOWNOTES

#### **No Excuses – HIIT Training**

*Our guest today is Michael Morelli, the inventor of HIIT Max and Morellifit. Michael takes the excuses out of exercise and shows us that we can get a full workout in as little as 6 minutes. Today Michael explains how to put together a fast, effective workout that only takes minutes a day and explains why all that time on the treadmill might be doing more harm than good.*

#### **HIIT: High Intensity Interval Training**

This is essentially periods of high-intensity exercise followed by periods of rest or less intense exercise. Steady state training is what we think of as “cardio,” 40-60 minutes of running, elliptical machine, or other exercise that lasts for long periods of time without changing in intensity. When we step off the treadmill or stairmaster in steady state cardio, our body stops burning calories and fat. In HIIT or burst training, we work out for 15-20 minutes at that high level, and our bodies incur an oxygen deficit, which is invaluable. When we stop HIIT training, we continue to burn calories and fat to repay that oxygen deficit.

#### **Basic HIIT Routine**

*15 minutes total*

Jump Squats for 15 seconds

Bird Dog or Superwoman, active rest

Jumping knee touch for 15 seconds

Active Recovery/Rest

Repeat

*Active recovery keeps our heart rate up, but also allows us to recycle our lactic acid and use it for fuel.*

#### **Benefits of HIIT Workout**

1. Excess post-exercise oxygen consumption, burning calories for up to 48 hours later
2. Fat-incinerating hormone release
3. Time-efficient – no equipment, no cost
4. Improved fitness and ability to process oxygen
5. Trains your body in how to handle stress

#### **To Fast or Not to Fast**

Fasting cardio only makes sense if you are not in a caloric deficit. It’s about consumption and nutrition for that day. If you don’t have the energy and fuel to work out, then you will not be successful.

#### **Workout Length?**

The no talk zone is key and paired with active rest. Quality over quantity always. You can tax yourself after 6 minutes if you go between that no talk zone and active rest.

[Visit Michael’s website for more great info and the app coming soon!](#)

#### **Listener Question:**

*How do I really get myself to continue after 2-3 weeks of dieting, when it gets really rough? What should I be doing for exercise to keep my weight loss going?*

Burst or HIIT training is key. Check out JJ’s [Fast Blast’s Workouts](#).

Don’t bring your trigger foods in the house. Get an accountability partner or a coach to help motivate you and hold you accountable. Weigh yourself everyday and hold yourself accountable. If you get off track, have a plan ready to get yourself back on track.

Please review us on [Stitcher](#) and [iTunes](#)! And, if you haven’t already, **SUBSCRIBE!**

As always, remember:

**You are worthy. Dare to live a life that matters.**

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